CROSSWINDS: COLLABORATIVE CREATIVITY AS TRANSFORMATIVE PRACTICE
Artist Talk
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AVEIRO, PORTUGAL



# Experience report: Laboratory of Performance as Creation at the University of Aveiro

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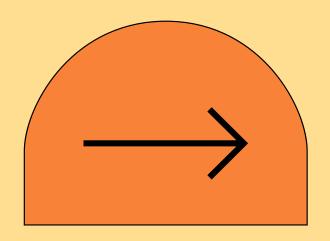






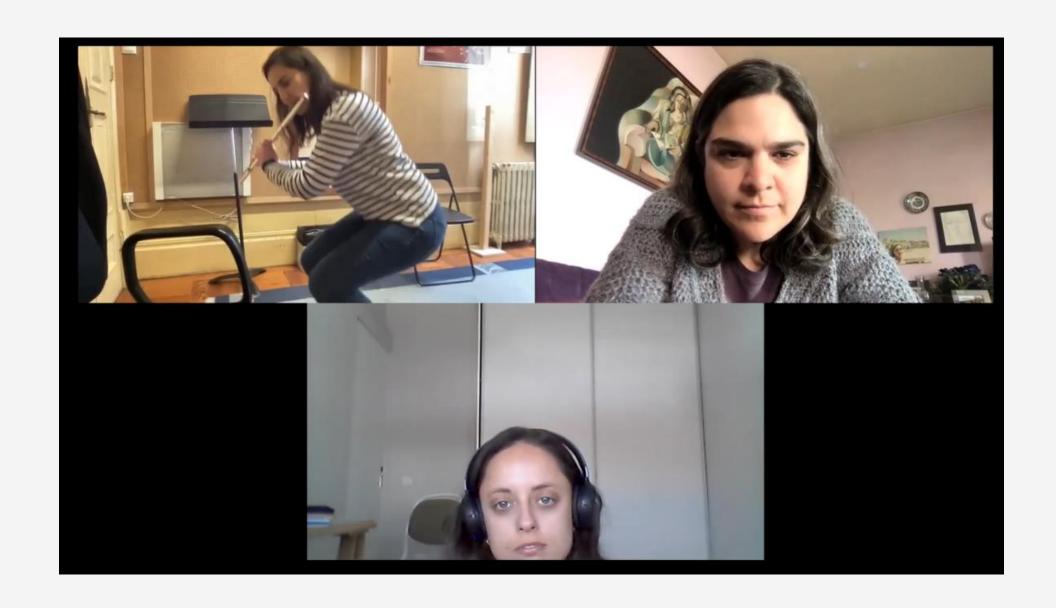
#### Overview

SECTIONS OF THIS PRESENTATION



- What is the Laboratory
- Objectives
- How it works
- The workshop
- How it contributes to my own research
- Whats is next

### What the Laboratory is?





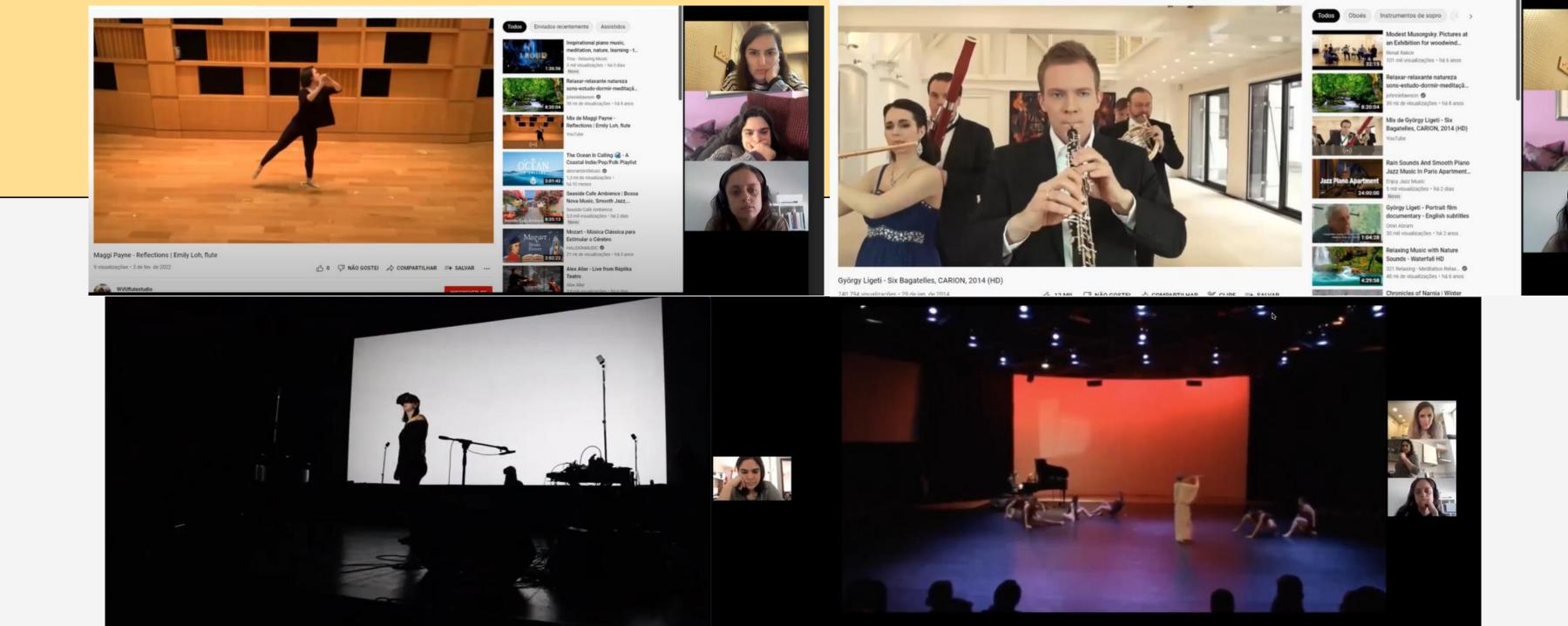
To create a space for exploring performatives possibilities with the mouvements of the body

To support our ongoing researchs

To develop creativity in the performative process emphasizing the body as instrument and means of expression

#### How it works?

Video Observation and discussion



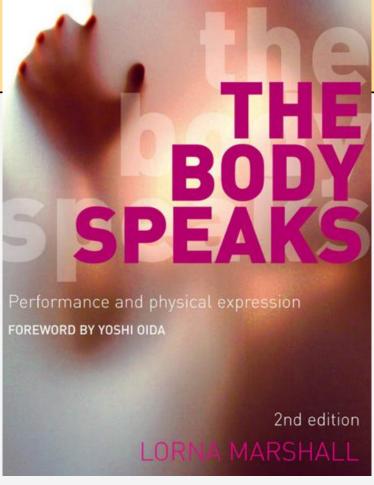
#### How it works?

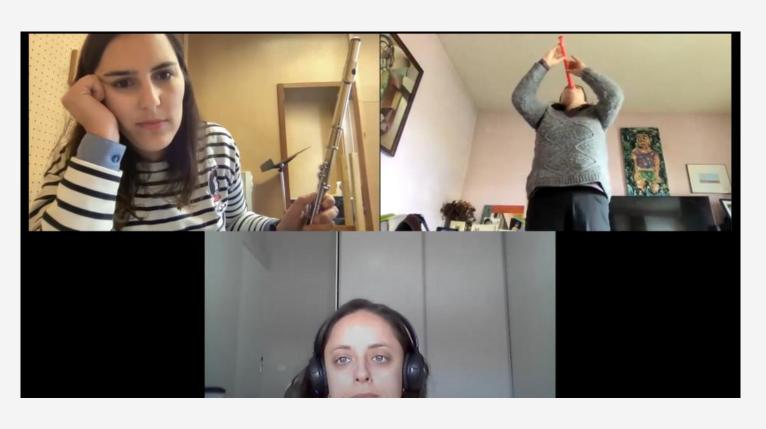
relaxation
breathing techniques
body awareness
body scanner
meditation
yoga

Practical exercices

dance improvisation













#### The workshop

"Optimization and Creation in Performance"

Program Ser+ "From students to students" at University of Aveiro

21.05.2022

Held by us for graduate students in music



## How it contributes to my own research







More workshops!

More people!

Thank you!

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